

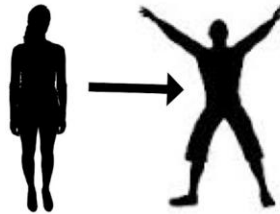
@MRSAJKO



BLACK WIDOW WARM-UP



JOG IN PLACE: 45 SECONDS



15 JUMPING JACKS



SIDE PLANK: 30 SECONDS BOTH SIDES



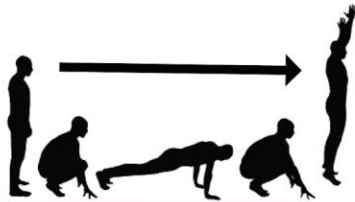
10 SQUAT JUMPS



SELF DEFENSE KICK: 10 TIMES EACH LEG



JOG IN PLACE: 45 SECONDS



10 BURPEES

HAMMER OUT THIS WARM-UP 2 MORE TIMES

